



Health Care Information Line

A Wealth of Information at
Your Fingertips

Your Military Health Plan



Foundation Health™
Federal Services, Inc.



QUEEN'S
HEALTH CARE PLAN

No health consumer information provided through the advice line takes precedence over established Department of Defense or Military Department policies.

THE HEALTH CARE INFORMATION

Do you have questions about your health? Do you know what to do if your child wakes up with croup in the middle of the night? Has your mother just been diagnosed with cancer?

Call (800) 611-2883.

When you need medical information, the Health Care Information Line can help.

The Health Care Information Line gives you a library of medical knowledge on hundreds of health concerns. And, you can talk to a nurse if you need to speak with a health professional right away.

Available to all military families in California, Yuma, AZ and Hawaii, the Health Care Information Line (HCIL) is a free, 24-hour health information line. Use it for fast, easy access to health information.

When you call (800) 611-2883, you have two choices:

MAIN DIRECTORY

Press 1 to use the AudioHealth Library® to listen to a recording on a health topic of your choice. See the AudioHealth Library® codes listed in this brochure. The AudioHealth Library® has recorded information on more than 500 health topics. Doctors, nurses and other health care experts review the topics and keep the information up-to-date. Use the AudioHealth Library® for tips on how to stay healthy, to learn how to take care of a problem at home and to find out if you need to see a doctor.

Press 2 to talk with a nurse about a health problem or for assistance making a health care decision.

If you are calling from a rotary dial phone, please wait for an operator to help you.

Call the Health Information Line when you have a health question. The more you know about the health issues that affect you and your family, the better your decisions will be.

AudioHealth Library® is a registered mark of Access Health, Inc.

The registered nurse and the AudioHealth Library® do not replace your doctor.

Call your Primary Care Manager or doctor if:

- you need a medical appointment.
- you need a referral or authorization for care.

Call the Health Care Information Line if:

- You need health information.
- You are uncertain about whether or not you should see a doctor.
- You want home remedies or self-care tips.

In an emergency, always call 911.

PRESS 1 TO USE THE LIBRARY

- Review the Directory in this booklet to find the topic you want to hear.
- Call (800) 611-2883.
- **Press 1** to access the AudioHealth Library®.
- **Press 1** again to listen to a topic.

You will then use your push-button phone to enter the four-number code of the topic you have chosen. If you are calling from a rotary dial phone, please wait. An operator will transfer you to the topic you want to hear.

After listening to the topic, choose a new topic, or hang up. At the end of each topic, you can give us your comments on this service. How is it meeting your health care needs?

TIPS FOR USING THE AUDIOHEALTH LIBRARY®

- **Press 1** to reverse and replay the last 10 seconds of the tape. Press 1 twice to return to the beginning of the topic.
- **Press 2** to pause the topic for 15 seconds while you take notes. To restart the topic, press 2 again.
- **Press 3** to jump forward 10 seconds into the topic.
- **Press 4** to play the tape slower.
- **Press 6** to play the tape faster.
- **Press 8** to return to normal volume.
- **Press 9** to play the tape louder.
- **Press #** to go to the end of the topic.

Keep this pamphlet next to your phone, and when you call, have a pen and paper ready to take notes.

Look in the AudioHealth Library® first when you have a health care question. You can have free information on many of the topics mailed to you. Follow the instructions at the end of the recording.

PRESS 2 TO TALK TO A NURSE

Our nurses are ready to help you when you need to make a health decision, when you can't decide whether or not to call the doctor, or when you need a home remedy to make you feel better now. You can call any time, day or night, seven days a week. You can also talk to a nurse about preventing illnesses and improving your family's health.

If the HCIL nurse advises you to seek urgent care, you must call your PCM first to arrange for a referral through the Health Care Finder.

Advice from a HCIL nurse to seek urgent care does not constitute as an authorization for care.

AUDIOHEALTH® LIBRARY

CODE/TOPIC

ALLERGIES

- 1000 What are Allergies?
- 1001 Common Causes
- 1002 Food Allergies
- 1003 Hay Fever
- 1004 Insect Sting Allergies
- 1005 Medication Allergies
- 1006 Indoor Allergens
- 1007 Allergy Testing
- 1008 Treating Allergies
- 1009 Allergic Shock
- 1010 National Support Services

ARTHRITIS

- 1030 What is Arthritis?
- 1031 Juvenile Rheumatoid Arthritis
- 1032 Osteoarthritis
- 1033 Lupus
- 1034 Rheumatism
- 1035 Risk Factors for Arthritis
- 1036 Treatment for Arthritis
- 1037 National Support Services
- 1038 Fibromyalgia
- 1039 Gout
- 1040 Purine Modified Diet for Gout

BRAIN & NERVOUS SYSTEM DISORDERS

- 1060 ALS (Lou Gehrig's Disease)
- 1061 Alzheimer's Disease
- 1062 Bell's Palsy
- 1063 Epilepsy
- 1064 Meningitis
- 1065 Multiple Sclerosis
- 1066 Parkinson's Disease
- 1067 Stroke
- 1068 Guillain-Barré Syndrome
- 1069 Manic Depression
- 1070 Schizophrenia

CANCER

GENERAL INFORMATION

- 1100 What is Cancer?
- 1101 Risk Factors
- 1102 Early Detection Guidelines
- 1103 Signs and Symptoms
- 1104 Cancer Treatment Team
- 1105 Clinical Trials
- 1106 National Support Services

BREAST CANCER

- 1107 Risk Factors
- 1108 Early Detection Guidelines

CODE/TOPIC**BREAST CANCER (continued)**

- 1109 Signs and Symptoms
- 1110 Treatment
- 1111 Breast Reconstruction
- 1112 Breast Cancer in Men

COLORECTAL CANCER

- 1113 Risk Factors
- 1114 Early Detection Guidelines
- 1115 Signs and Symptoms
- 1116 Treatment

LYMPHOMAS

- 1117 Hodgkin's Disease
- 1118 Non-Hodgkin's Lymphoma

OTHER TYPES OF CANCER

- 1119 Bladder Cancer
- 1120 Cervical Cancer
- 1121 Childhood Cancers
- 1122 Endometrial (Uterine) Cancer
- 1123 Leukemia
- 1124 Lung Cancer
- 1125 Metastatic Cancer
- 1126 Ovarian Cancer
- 1127 Pancreatic Cancer
- 1128 Prostate Cancer
- 1129 Skin Cancer

CANCER TREATMENT

- 1130 Treatment Types
- 1131 Bone Marrow Transplant
- 1132 Side Effects
- 1133 Nutrition During Treatment
- 1134 Bone Cancers

CAREGIVER GUIDELINES

- 1200 The Caregiver's Bill of Rights
- 1201 The Patient's Bill of Rights
- 1202 Preparing to be a Caregiver
- 1203 Tips for the Caregiver's Well-Being
- 1204 Tips to Improve Patient Care
- 1205 Advanced Directives/Living Wills
- 1206 Hospice Care

CHILDREN'S HEALTH

- 1250 Attention Deficit Disorder
- 1251 Bedwetting
- 1252 Breast Feeding
- 1253 Causes of Childhood Fevers
- 1254 Chicken Pox
- 1255 Acute Upper Airway Obstruction
- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1259 Dangers of Aspirin Use/Reye's Syndrome

CODE/TOPIC**CHILDREN'S HEALTH (continued)**

- 1260 Dehydration
- 1261 Diaper Rash
- 1262 Diet
- 1263 Dyslexia
- 1264 Earaches
- 1265 Exercise
- 1266 Fever Guidelines
- 1267 Fifth Disease
- 1268 Growth and Development
- 1269 Hand, Foot and Mouth Disease
- 1270 How to Take a Temperature
- 1271 Hyperactivity (Attention Deficit Hyperactivity Disorder)
- 1272 Impetigo
- 1273 Lice
- 1274 Measles
- 1275 Mumps
- 1276 Obesity
- 1277 Pediatric Hernias
- 1278 Pediatric Rash
- 1279 Physical Exam and Immunization Schedules
- 1280 Pinworms
- 1281 Premature Babies
- 1282 Ringworm
- 1283 Roseola
- 1284 Rubella
- 1285 Scabies
- 1286 Sleeping Problems
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1289 Thumbsucking
- 1290 Toilet Training
- 1291 Urinary Tract Infections
- 1292 Thrush
- 1293 Growing Up Female
- 1294 Growing Up Male

COMMON ILLNESSES & DISORDERS

- 1400 Colds
- 1401 Flu
- 1402 Stomach Flu
- 1403 Hernias

HEADACHES

- 1404 General Information/Tension
- 1405 Migraine/Cluster
- 1406 Sinus

COMMON SYMPTOMS

- 1450 Back Pain
- 1451 Constipation
- 1452 Diarrhea

CODE/TOPIC**COMMON SYMPTOMS (continued)**

- 1453 Dizziness/Vertigo
- 1454 Ear Pain
- 1455 Fever
- 1456 Muscle Pain
- 1457 Neck Pain
- 1458 Nosebleeds
- 1459 Sore Throat
- 1460 Swollen Glands
- 1461 TMJ (Jaw Joint Pain)
- 1462 Vomiting

DIABETES

- 1500 What is Diabetes?
- 1501 Insulin-Dependent Diabetes Mellitus/ Type I Diabetes
- 1502 Non-Insulin-Dependent Diabetes Mellitus/Type II Diabetes
- 1503 Reducing the Risks for Non-Insulin-Dependent Diabetes
- 1504 Diabetes and Pregnancy/ Gestational Diabetes
- 1505 Complications of Diabetes
- 1506 Home Blood Glucose Monitoring
- 1507 Foot Care for Diabetics
- 1508 Sick-Day Management
- 1509 National Support Services

DIAGNOSTIC PROCEDURES

- 1530 Amniocentesis
- 1531 Breast Biopsy
- 1532 Cardiac Stress Test
- 1533 Complete Blood Count (CBC)
- 1534 Chest X-ray
- 1535 Chorionic Villus Sampling
- 1536 Computed Tomography Scan (CT Scan)
- 1537 Electroencephalogram (EEG)
- 1538 Electrocardiogram (EKG/ECG)
- 1539 Electromyogram (EMG)
- 1540 GI Barium Series: Lower
- 1541 GI Barium Series: Upper
- 1542 Magnetic Resonance Imaging (MRI)
- 1543 Mammography
- 1544 Pap Smear
- 1545 Prostate-Specific Antigen Test (PSA Test)
- 1546 Pulmonary Function Test
- 1547 Ultrasound (Cardiac or Abdominal)
- 1548 Ultrasound (Pregnancy)

DIGESTIVE DISORDERS

- 1600 Appendicitis
- 1601 Botulism
- 1602 Constipation
- 1603 Inflammatory Bowel Disease (Crohn's Disease)

CODE/TOPIC**DIGESTIVE DISORDERS (continued)**

- 1604 Diarrhea
- 1605 Diverticulitis
- 1606 Food Poisoning
- 1607 Food Poisoning Prevention
- 1608 Gallstones
- 1609 Hemorrhoids
- 1610 Indigestion
- 1611 Irritable Bowel
- 1612 Pancreatitis
- 1613 Peptic Ulcer
- 1614 Stomach Flu
- 1615 Vomiting
- 1616 Hiatal Hernia
- 1617 Diet Recommendations for Crohn's Disease
- 1618 Bloating or Gas

EAR, NOSE & THROAT DISORDERS

- 1640 Earwax
- 1641 Inner Ear Infections
- 1642 Middle Ear Infections
- 1643 Outer Ear Infections/Swimmer's Ear
- 1644 Ménière's Disease
- 1645 Ruptured Eardrum
- 1646 Hearing Loss
- 1647 Sore Throat
- 1648 Laryngitis
- 1649 Strep Throat
- 1650 Tonsillitis
- 1651 Nosebleeds
- 1652 Sinusitis
- 1653 Swollen Glands

EYE CARE/EYE DISORDERS

- 1700 Common Vision Problems
- 1701 Routine Eye Care
- 1702 Eye Exams/Vision Testing
- 1703 Glasses/Contact Lenses
- 1704 Contact Lens Care
- 1705 Eye Emergencies
- 1706 Eye Injury Protection and First Aid
- 1707 Sty/Cyst
- 1708 Pink Eye/Conjunctivitis
- 1709 Cataracts
- 1710 Color Blindness
- 1711 Detached Retina
- 1712 Glaucoma
- 1713 Crossed Eyes/Wall Eye/Lazy Eye
- 1714 Eye Exercise Therapy for Lazy Eye
- 1715 Preventing and Treating Eye Strain
- 1716 Radial Keratotomy*

**Not a TRICARE benefit - for information only*

CODE/TOPIC**EYE CARE/EYE DISORDERS (continued)**

1717 Floating Strings in Your Eye

FIRST AID

1750 Bites: Animal/Human

1751 Bites/Stings: Insects

1752 Bites: Snakes

1753 Bites: Spiders

1754 Bites: Ticks

1755 Blisters

1756 Cold Injuries/Hypothermia

1757 Cold Injuries/Frostbite

1758 First-Aid Supplies

1759 Heat Exhaustion

1760 Heat Stroke

1761 Minor Burns

1762 Minor Cuts, Abrasions and Bruises

1763 Poisoning

1764 Puncture Wounds

1765 Signs of Injury Infection

1766 Splinters

FOOT DISORDERS

1780 Bunions

1781 Corns/Calluses

1782 Flat Feet/Fallen Arches

1783 Hammer Toes

1784 Heel Spurs

1785 Ingrown Toenails

HEALTH CARE CONSUMER TIPS

1800 Becoming a Wise Health Care Consumer

1801 Building a Partnership with Your Doctor

1802 Tips on Selecting a Physician

1803 Types of Health Care Providers

1804 Naturopathic Health Care Providers

HEALTHY LIVING

1830 Living a Balanced Lifestyle

1831 Diet and Nutrition

1832 Reducing Cholesterol

1833 Fitness

1834 Weight Management

1835 Maintaining a Healthy Attitude

1836 Seniors—Staying Active and Fit

1837 Wellness Exams

1838 Effects of Substance Abuse

1839 Effects of Alcohol

1840 Effects of Caffeine

1841 Effects of Cigarette Smoking

1842 Effects of Second-Hand Smoke

1843 Effects of Smokeless Tobacco

1844 Stopping Smoking

CODE/TOPIC**HEALTHY LIVING (continued)**

- 1845 Effects of Stress
- 1846 Stress Management
- 1847 Relaxation Techniques
- 1848 Protection Against Sexually Transmitted Diseases
- 1849 How to Read Food Labels
- 1850 Healthy Weight Gain
- 1851 Vegetarian Diets
- 1852 Children's Vegetarian Diets
- 1853 Snacking for the '90s

HEART DISEASE & CIRCULATORY DISORDERS

- 1900 Angina (Chest Pain)
- 1901 Heart Attack: Recognition and Guidelines for Care
- 1902 Stroke: Recognition and Guidelines for Care
- 1903 Causes of Heart Attack and Stroke
- 1904 Reducing Heart Attack and Stroke Risks
- 1905 Reducing Cholesterol
- 1906 Lifestyle After a Heart Attack
- 1907 Congestive Heart Failure
- 1908 Atrial Fibrillation
- 1909 High Blood Pressure
- 1910 Mitral Valve Prolapse
- 1911 Pacemakers
- 1912 Varicose Veins
- 1913 National Support Services

INFECTIOUS DISEASES

- 1949 Dengue Fever
- 1950 Chronic Fatigue Syndrome
- 1951 Mononucleosis
- 1952 Hepatitis
- 1953 Treatment for Hepatitis
- 1954 Lyme Disease
- 1955 Shingles
- 1956 Tuberculosis

AIDS & HIV

- 1957 General Information
- 1958 How is it Contracted?
- 1959 Living With HIV
- 1960 Lowering Your Risks
- 1961 Research Studies
- 1962 Should You be Tested?
- 1963 Where to Seek Help

LUNG & BRONCHIAL DISORDERS

- 1980 Chronic Obstructive Pulmonary Disease
- 1981 What is Asthma?
- 1982 Treatment and Maintenance for Asthma
- 1983 Bronchitis
- 1984 Chronic Bronchitis

CODE/TOPIC**LUNG & BRONCHIAL DISORDERS (continued)**

1985 Emphysema

1986 Pneumonia

MEDICATIONS

2000 Antidiarrheal Preparations vs. Laxatives

2001 Aspirin vs. Acetaminophen vs. Ibuprofen

2002 Decongestants vs. Antihistamines

2003 Expectorants vs. Cough Suppressants

2004 What You Should Know About Medications

2005 Stocking Your Medicine Cabinet

2006 Effects of Medication on Seniors

MEN'S HEALTH

2030 Breast Cancer in Men

2031 Hair Loss

2032 Impotence

2033 Infertility

2034 Prostate Enlargement

2035 Prostate-Specific Antigen Test (PSA Test)

2036 Testicular Self-Exam

2037 Urinary Tract Infections/Urinary Problems

2038 Vasectomy–Permanent Sterilization

2039 Growing Up Male

2040 Homosexuality

2041 Masturbation

2042 Sex, Are You Ready For It?

MENTAL HEALTH

2050 Maintaining a Healthy Attitude

2051 Addictive Behavior

2052 Anorexia

2053 Bulimia

2054 Overeating

2055 Anxiety

2056 Coping with Anxiety

2057 Depression

2058 Coping with Depression

2059 Grief

2060 Stress

2061 Stress Management

2062 Substance Abuse

2063 National Support Services

2064 Manic Depression

2065 Schizophrenia

2066 Thinking of Suicide

MUSCLE, JOINT, BONE INJURIES/DISORDERS

2100 Common Sports Injuries

2101 Preventing Sports Injuries

2102 When and How to Treat Sports Injuries

2103 Bursitis

2104 Carpal Tunnel Syndrome

CODE/TOPIC**MUSCLE, JOINT, BONE INJURIES/DISORDERS****(continued)**

- 2105 Fractures
- 2106 Muscle Cramps
- 2107 Pulls and Strains
- 2108 Sprains
- 2109 Tendonitis
- 2110 TMJ (Jaw Joint Pain)

OPERATIONS

- 2150 Adenoidectomy
- 2151 Carpal Tunnel Release
- 2152 Cataract Extraction
- 2153 Cesarean Section
- 2154 Cholecystectomy
- 2155 Cystoscopy
- 2156 Dilation and Curettage (D & C)
- 2157 Episiotomy
- 2158 Hemorrhoidectomy
- 2159 Hernia Repair
- 2160 Hip Replacement
- 2161 Hysterectomy
- 2162 Knee Arthroscopy
- 2163 Knee Replacement
- 2164 Laparoscopy
- 2165 Myringotomy with Tubes
- 2166 Oophorectomy (Salpingo)
- 2167 Prostatectomy (TURP)
- 2168 Radial Keratotomy*
- 2169 Rotator Cuff Repair
- 2170 Shoulder Arthroscopy
- 2171 Tonsillectomy
- 2172 Tubal Ligation
- 2173 Vasectomy

SAFETY

- 2200 Choking Prevention
- 2201 Food Poisoning Prevention
- 2202 Poisoning Prevention
- 2203 Importance of CPR Instruction
- 2204 Injury Protection

SENIOR HEALTH

- 2250 Alzheimer's Disease
- 2251 Diet and Aging
- 2252 Effects of Aging
- 2253 Effects of Medication
- 2254 Hearing Loss
- 2255 Cataracts
- 2256 Hypothermia in Seniors
- 2257 Incontinence

**Not a TRICARE benefit - for information only*

CODE/TOPIC**SENIOR HEALTH (continued)**

- 2258 Incontinence: Home Treatment and Prevention
- 2259 Osteoarthritis
- 2260 Osteoporosis
- 2261 Skin Disorders
- 2262 Staying Active and Fit
- 2263 Advanced Directives/Living Wills
- 2264 Hospice Care

SEXUALLY TRANSMITTED DISEASES**AIDS & HIV**

- 2300 General Information
- 2301 How is it Contracted?
- 2302 Living with HIV
- 2303 Lowering Your Risks
- 2304 Research Studies
- 2305 Should You Be Tested?
- 2306 Where to Seek Help

OTHER SEXUALLY TRANSMITTED DISEASES

- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 2311 Syphilis
- 2312 Pelvic Inflammatory Disease
- 2313 Protection Against Sexually Transmitted Diseases

SKIN

- 2330 Acne
- 2331 Athlete's Foot
- 2332 Boils and Carbuncles
- 2333 Cold Sores
- 2334 Dandruff
- 2335 Diaper Rash
- 2336 Eczema and Dermatitis
- 2337 Frostbite
- 2338 Hives
- 2339 Impetigo
- 2340 Lice
- 2341 Moles
- 2342 Pediatric Rash
- 2343 Poison Ivy/Oak/Sumac
- 2344 Psoriasis
- 2345 Recognizing Skin Lesions
- 2346 Ringworm
- 2347 Rosacea
- 2348 Scabies
- 2349 Shingles
- 2350 Skin Cancer
- 2351 Skin Disorders in Seniors
- 2352 Sunburns
- 2353 Warts

CODE/TOPIC**SLEEP DISORDERS**

- 2400 Insomnia
- 2401 Narcolepsy
- 2402 Restless Leg Syndrome
- 2403 Sleep Apnea
- 2404 Sleeping Problems in Children
- 2405 Sleepwalking
- 2406 Snoring

SUBSTANCE ABUSE

- 2425 Substance Abuse
- 2426 Substance Abuse and Pregnancy
- 2427 Alcohol
- 2428 Alcoholism Treatment
- 2429 Illegal Drug Abuse and Treatment
- 2430 Medication Abuse and Treatment
- 2431 Tobacco
- 2432 Smoking and Pregnancy
- 2433 Smokeless Tobacco
- 2434 Steroids
- 2435 Caffeine
- 2436 Fetal Alcohol Effects

SURGERY INFORMATION

- 2500 Anesthesia
- 2501 How to Maximize Recovery from Surgery
- 2502 How to Prepare for Surgery
- 2503 Making the Right Choices About Surgery

THYROID DISORDERS

- 2550 Hyperthyroidism
- 2551 Hypothyroidism

URINARY TRACT DISORDERS

- 2575 Kidney Infection
- 2576 Kidney Stones
- 2577 Urinary Tract Infections in Children
- 2578 Urinary Tract Infections/Urinary Problems in Men
- 2579 Urinary Tract Infections in Women
- 2580 What Your Kidneys Do For You

WOMEN'S HEALTH**BIRTH CONTROL**

- 2600 Barrier Methods
- 2601 Depo-Provera
- 2602 Intrauterine Device (IUD)
- 2603 Norplant
- 2604 Permanent Sterilization–Tubal Ligation
- 2605 The Pill
- 2606 The Rhythm Method

BREAST HEALTH

- 2610 Breast Examinations
- 2611 Breast Lumps
- 2612 Mammography

CODE/TOPIC**WOMEN'S HEALTH (continued)****GENERAL HEALTH ISSUES**

- 2620 Excessive Hair Growth
- 2621 Hair Loss
- 2622 Infertility
- 2623 Iron-Deficiency Anemia
- 2624 Osteoporosis
- 2625 Pap Smears
- 2626 Growing Up Female
- 2627 Homosexuality
- 2628 Masturbation
- 2629 Sex, Are You Ready For It?

INFECTIONS

- 2640 Bacterial Vaginal Infections
- 2641 Pelvic Inflammatory Disease
- 2642 Urinary Tract Infections
- 2643 Vaginal Yeast Infections

MENOPAUSE

- 2650 Coping with Menopause
- 2651 Hormone Replacement Therapy
- 2652 Risks Associated with Menopause
- 2653 Signs and Symptoms

MENSTRUAL CYCLE

- 2670 Absence of Periods (Amenorrhea)
- 2671 Athletic Amenorrhea
- 2672 Endometriosis
- 2673 Fibroids
- 2674 Hysterectomy
- 2675 Irregular or Heavy Periods
- 2676 Menstrual Hygiene
- 2677 Ovarian Cysts
- 2678 Painful Periods and Cramps
- 2679 PMS
- 2680 Toxic Shock Syndrome

PREGNANCY

- 2700 Planning for Pregnancy
- 2701 How Can I Tell if I'm Pregnant?
- 2702 Diagnosing Pregnancy/When to Seek Care
- 2703 Prenatal Care
- 2704 Danger Signs During Pregnancy
- 2705 Symptoms and Stages of Pregnancy
- 2706 Symptoms and Stages of Labor
- 2707 Diabetes and Pregnancy/
Gestational Diabetes
- 2708 Diet During Pregnancy
- 2709 Exercise During Pregnancy
- 2710 Rubella and Pregnancy
- 2711 Smoking and Pregnancy
- 2712 Substance Abuse and Pregnancy
- 2713 Work/Travel/Recreation During
Pregnancy

CODE/TOPIC**PREGNANCY (continued)**

- 2714 Amniocentesis
- 2715 Chorionic Villus Sampling
- 2716 Ultrasound
- 2717 Miscarriage
- 2718 Premature Delivery
- 2719 Stretch Marks
- 2720 Cesarean Section
- 2721 Episiotomy
- 2722 Fetal Alcohol Effects
- 2723 Unwanted Pregnancy

AFTER DELIVERY

- 2750 Blues/Depression
- 2751 Breast Feeding
- 2752 Complications
- 2753 Exercise
- 2754 Follow-Up Care

Health Care Information Line (800) 611-2883.

The Health Care Information Line is dedicated to giving you and your family the health care information you need, when you need it. Anytime. 24 hours a day, 7 days a week.

Think of it: Whether listening to a recorded message or talking with a registered nurse, you can get the health care information you need 24 hours a day. It's a resource that will give you the power to make smart, informed decisions about your health care.

So keep this booklet handy. Use your Health Care Information Line. And get the information you need to take control of your health and well-being.

IMPORTANT PHONE NUMBERS

Your PCM: _____

Phone: _____

Location: _____

Your Pharmacist: _____

TRICARE Information (800) 242-6788

Health Care Finders: (800) 242-6788

DEERS: (800) 334-4162 (CA)

(800) 527-5602 (HI)

(800) 538-9552 (Yuma, AZ)

To get more information about your health, contact the Access Health web site at www.PHA-online.com/hcil.

As a health information service, the HCIL cannot be used to request a referral or authorization for care. Referrals for specialty care for TRICARE Prime Members must be obtained from your Primary Care Manager through a Health Care Finder.

